

Children's Outpatients Department

Allergy - Fish cake challenge

Food challenges involve testing if your child is still sensitive to a food in a safe, controlled way. We do this by giving your child increasing amounts of the food, starting with very small amounts.

The challenge will take place in the Medical Day Unit on Ward 16 at University Hospital, Coventry.

The recipe for the fish cake can be found overleaf.

Observations

For the first 60 minutes of the challenge, a nurse with a paediatric life support certificate will be present. The nurse will be looking for signs of an adverse reaction. These are:

- Rash around the mouth
- itchy rash
- Sneezing
- Vomiting
- Irritability
- Wheezing or coughing
- Loose stool
- Stridor (croup-like breathing)
- Collapse



Patient Information

After the first 60 minutes, your child will be checked every 30 minutes. We will check for signs of an adverse reaction and check your child's:

- pulse
- respiratory rate
- oxygen saturation

Stopping the challenge

If any of the signs of an adverse reaction appear, no more fish will be given. In the event of a rash, wheeze, stridor or more severe reaction, we will contact a doctor and the appropriate medicine will be given.

Fish challenge

- A small piece of fish cake will be given to your child, and they will be observed for 20 minutes.
- If no reaction is observed, a larger piece of fish cake will be given. Again, your child will be observed for 20 minutes.
- If no reaction is observed, your child will be given bigger amounts of fish cake until all of the fish cake is eaten.

Your child will be observed for some time after completing the challenge. This time will vary depending on if your child had a reaction or not.

You will need to stay for at least 1 hour after the challenge is completed.

On the day of the challenge, please bring:

- A favourite food that we could mix with the fish cake to make it more palatable. For example, tomato ketchup or another sauce.
- A packed lunch for yourself and your child.
- A favourite book or toy to occupy your child.
- The fish cake

Please note that we do ask a parent (with parental responsibility) to accompany their child to this appointment.

Medicines to stop before the test

Some medicines may interfere with the challenge. So, these need to be stopped for a few days before the test.

Please stop:

- **Short-acting antihistamines** such as Piriton, Phenergan and Vallergan, **2 days before the test.**
- **Long-acting antihistamines** such as Cetirizine and Loratidine, **5 days before the test.**

Your child can continue using all their asthma inhalers. However, if you are needing to use your blue inhaler more often, please email the allergy nurses for advice before attending your appointment.

Please speak to the allergy nurses if:

- your child is taking any other medicines
- you have any concerns
- you need clarification about the test and stopping the medicine

If the medicine cannot be stopped or you must give the medicine (like in the case of an allergic reaction), please speak to the allergy nurse. They can rearrange the challenge.

If your child has a cough, cold or high temperature, please let us know before you arrive. We may need to cancel the challenge.

More information

For more information, contact 01788 663 189. Or email: childrensallergy@uhcw.nhs.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact childrensallergy@uhcw.nhs.uk and we will do our best to meet your needs.

Patient Information

The Trust operates a smoke-free policy.

Did we get it right?

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Document History	
Department:	Paediatrics
Contact:	27216
Updated:	January 2024
Review:	January 2026
Version:	5
Reference:	HIC/LFT/1823/14

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Fish cake recipe

Ingredients

90g of the type of fish to be challenged. For example: cod, salmon, prawn

1 medium potato

20g butter or margarine

30ml milk

2 tablespoons of breadcrumbs

1 egg

Oil for frying

Preparation and cooking

1. Check all equipment is clean and free from contamination.
2. Peel, chop and boil the potato until soft. Mash the potato with butter and milk.
3. Put fish on tin foil and grill both sides until cooked. Mash it into the potato mixture.
4. Shape mixture into a ball and flatten it to a fish cake shape.
5. Dip the cake into beaten egg, and then roll in breadcrumbs.
6. Fry both sides of the fishcake in a frying pan.

Alterations to recipe

For egg, allergy use lemonade instead of egg or fry without breadcrumbs.

For milk, allergy use dairy free margarine and milk substitute.

For wheat allergy, use wheat free breadcrumbs or fry without breadcrumbs.